

ZAMA
COMMUNITY

BUGLE



The best activities guide around!

NOVEMBER 2009



CZGC Veteran's Day Nichibei Golf Tournament – 11th

CZCC Community Night – 20th

CZGC Turkey Shoot – 21st

CZCC Thanksgiving Day Buffet – 26th

Your What-To-Do Guide for Japan's Army Community • Sagami Depot • Kure • SHA • Torii Station • Camp Zama



6th Annual Jimmie Coomer Memorial **VETERAN'S DAY**

Nichibei Charity Golf Tournament

Sponsored By AUSA

WEDNESDAY, 11 NOVEMBER, ZAMA GOLF CLUB

SHOTGUN START - 0930 HOURS, CHECK IN 45 MINUTES PRIOR

INDIVIDUAL 18 HOLE STROKE PLAY EVENT

OPEN TO ALL GOLFERS!
ESTABLISHED HANDICAPS NOT REQUIRED
HANDICAPS WILL BE BASED ON PEORIA SYSTEM

FEES

\$30 - ZAMA, ATSUGI, AND TAMA HILLS CLUB MEMBERS

\$44 - DOD NON-MEMBERS (GREEN FEES INCLUDED)

¥6,000 - JGSDF (STATIONED AT ZAMA, GREEN FEES INCLUDED)

¥8,000 - MLC/IHA/HPT WORKING FOR USARJ (GREEN FEES INCLUDED)

¥11,000 - ALL OTHERS (GREEN FEES INCLUDED)

FEES INCLUDE CARTS, BUFFET LUNCHEON AND PRIZES

SIGN UP IN THE ZAMA GOLF COURSE PRO-SHOP

DEADLINE FOR SIGN-UP IS FRIDAY, 6 NOVEMBER, 1700 HOURS



FOR MORE INFORMATION CONTACT

DALE JORGENSEN, DIRECTOR OF GOLF AT 263-3694 OR EMAIL DALE.JORGENSEN@ZAMA.ARMY.MIL



The U.S. Army Garrison, Japan (USAG-J), DMWR, Marketing Branch, produces the Zama Bugle. The Marketing Branch is located in Bldg. 102, B100 (Northeast Corner) South Camp Zama, Japan

Mention of corporate names in this publication does not imply endorsement by the U.S. Army or Federal Government of the United States.

DMWR strives to provide individuals with



disabilities reasonable accommodation, and are included in all

community recreation program planning, as appropriate for the activity. For further information, please contact the activity manager on accommodations.

ZAMA Community BUGLE

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THIS MONTH'S COVER

Thanksgiving Day is just around the corner. There will be many wonderful Thanksgiving dinners on tables for all to enjoy. Probably there will also be some TV specials to mark the day. Our Camp Zama Community Club traditionally hosts a fantastic buffet, the menu of which can be seen on the back cover of this issue along with the time and date. Chef Tsutomu Eda, left, and Cook Takayuki Kaneko, right, have posed for our front cover with "Tom", the featured guest of the buffet.

Seriously, besides all the trimmings, we want to recognize our Soldiers and other members of the military Family for making Thanksgiving possible each year by their selfless service to our great country.

On this day, when so many serve so far away from home and often under the most hazardous conditions, we want to reflect on the freedom we enjoy because of you. We support you, we thank you and earnestly hope for your safe return.

Photo by Mr. Richard Haun, photo enhancement by Hideko McKeta.



"See the Bugle for the advertisement".

P

lan to attend the annual "Christmas Around the World" Program at the Zama Community Club, 9 December, 5 - 8 pm. This major program features entertainment, food, door prizes for youths and adults, and it's all FREE! For information, phone 263-4500.

■ Child, Youth and School Services

• 263-4500 www.zamayouthcenter.org

YOUTH CENTER

• Closed

* Wednesday, 11 November, the youth center will be closed in honor of Veterans Day

* Thursday, 26 November, Thanksgiving holiday.

• Youth Book of Records

19 November: every 3rd Thursday of the month the youth center staff offers you a chance to challenge other youths in competitions such as consecutive free throws, 3 point shoot out, hula-hoop spins, pogo sticks jumps, fastest rubric cube, and a Wii homerun derby. The event starts at 3 pm; come out and show us what you've got!

• "6th Grade Happening"

20 November: Attention all 6th graders from Arnn Elementary and Shirley Lanham Elementary, the next "6th Grade Happening" is going to be a Highlighter party! Come out and enjoy a night of fun, food, and lots of entertainment from 6 - 9 pm; the cost is \$2. Transportation will be provided from SHA Narita bus stop at 5:30 pm and Atsugi at 5:15 pm.

• First Aid Training Class

21 November: Attention registered members of the Camp Zama Youth Center. On 21 November, the youth center is offering a "First Aid Training Class" from 1 - 6 pm. Make a difference and get certified by our Red Cross volunteer. Please sign up at the youth center if you would like to attend this training by 12 November. Maximum participants for this training is 10 youths.

TECH LAB

• Photography

On November 2nd, the Youth Center's Tech Lab will have Photography as part of the Image Makers

THE HOURS OF OPERATION FOR THE ZAMA YOUTH CENTER ARE:

Monday - Thursday	1430 - 2000
Friday	1430 - 2200
Saturday	1300 - 2200
Sunday and Holidays	Closed

U-TURN PROGRAM



The U-Turn Program will be held every Tuesday and Thursday from 5:30 - 8 pm.

This program is designed to help youths get the help they need to succeed academically. The U-Turn Program is designed for youths to get peer tutoring; get help with college preparation and career exploration; scholarships and financial aid application assistance; and staff and volunteer support. A bus back to SHA and Atsugi will be provided at 8 pm from the youth center.

For more information, call 263-4500



competition. This means there is an opportunity that may increase your knowledge and skill with a camera.

- **ZTN (Zama Teen News)**

Join us on our very own news show. Club members in grades 7 - 12 meet every Tuesday from 3 - 5 pm. You will learn how to film, edit and produce your own news show. The final product will be shown on our website and on the MWR TV channel. We are looking for youth anchors, reporters, camera operators, editors, and producers. Youths may join in at any time. Volunteers are needed to help make this program a success.

- **Tech Club**

Meetings are on Wednesdays from 3 - 4 pm in the tech lab. Tech team members are involved in photo taking, manipulation, movie making, web designing and community projects concerning technology and much, much more.

- **Digital Arts Festival**

This is a competition against the whole nation provided by the Boys and Girls Clubs of America. National winners will receive an all-expense paid trip to one of the top US cities



CPR Training Class

Attention registered members of the Camp Zama Youth Center! On 14 November, the youth center staff is offering a CPR training class from 1 - 8 pm. Make a difference and get certified by our Red Cross volunteer. Please sign up at the youth center if you would like to attend this training by 5 November. Maximum participants for this training is 10 youths.

in the summer of 2010. The city will be determined at a later date. Qualified age groups are 10 - 12, 13 - 15, and 16 - 18. All local winners will advance to the regional competition. Classes are from 3 - 5 pm and are as follows:

- **Music Making**

November 5th - DAF Music Making (transitions)

November 12th - DAF Music Making (last day)

You may look at our calendar on our website www.zamayouthcenter.org for more detail on what the activities are. If you have any questions regarding anything to do with the Zama Youth Center's Tech Lab activities, please contact Mr. Shehan at 263-8573.



LEGO ROBOTICS

Monday, 9 November, 3 - 4 pm
Zama Youth Center

Registered members who are in 6th - 12th grades may create Lego robots according to their own interest. Participants start by using pre-existing instructions to build their robot, followed by a programming and investigation session that defines the blueprints for the robot's performance.

Register at the CYS Central Enrollment Registry Office in Bldg 533.

For more information, please call 263-8573.

SAS Before and After School Program. Are you looking for a place where your children can join other children in a fun learning environment? Come join School Age Services Before and After School Program.

■ School Age Services • 267-6013

••• SAS Program Hours •••

Regular	Monday - Friday	0630 - 0830 and 1500 - 1800
Early Care	Monday - Friday	0530 - 0630
Half Day School		0530 - 0830 and 1200 - 1800
No School Day		0630 - 1800
Before / After Program Hours		0530 - 0830 and 1500 - 1800

WELCOME TO SCHOOL AGE SERVICES (NEW SCHOOL YEAR 2009 - 2010)

Are you looking for a place where your children can join other children in a fun learning environment? Come join School Age Services "Before and After" school program.

School Age Services (SAS) supplements the school schedule with a wide variety of after school activities for youths from 1st - 6th grade. SAS

offers care for "Before and After" school, Hourly Care Open Recreation Program, School Day Out and a Summer Camp Program. Before and After school with options for before school only or after school only. Each of these options entitles program participants to full day care services during out of school periods, excluding federal holidays, during the school year. Additionally, separate SAS Camps, when operated during Winter and Spring breaks for those patrons who normally do not require daily before and after school care. During the summer months, SAS operates a full day camp options in eleven, one-week sessions.

PARENT'S ADVISORY COUNCIL (PAC) MEETING

Parents, come and support the "Parent's Advisory Council (PAC)" meeting. The PAC meeting is an opportunity for parents to provide input and to have questions and concerns addressed. We meet every third Thursday each month in Bldg 337 at 5 pm.

SAS NOVEMBER EVENTS

- Thursday, 5 - - - - - Field trip to Yokosuka
- Friday, 6 - - - - - Field trip to Green Wave Park
- Tuesday, 10 - - - - - 4H Clubs
- Wednesday, 11 - Closed - Veteran's Day
- Thursday, 12 - - - - - Field trip to Sea World
- Friday, 13 - - - - - Friendship Day at Yokota Bowling Center
- Saturday, 14 - - - - - Friendship Day with Green Bear English School from Tokyo (Super Saturdays)
- Thursday, 26 - - Closed - Thanksgiving Day
- Friday, 27 - - - - - In-House activities and 4H Club Thanksgiving recess at Arnn Elementary School (SAS will be open regular schedule).
- Saturday, 28 - - - - - Open Recreation Kids go to Green Bear English School (Super Saturdays)



SAS PROGRAMS OFFERED

School Age Services (SAS) offers care for Before and After School with options for before school only or after school only.

- Full day care on school out days
- Winter/Spring/Summer Camps
- Funtastic Adventure for a day
- Half a day escapade
- Creative play



"Super-Saturdays": Free Open Recreation activities every second and fourth Saturday for the community from 1 - 6 pm. All events are guaranteed for your children to have fun.

"Funtastic Adventure Day": School Age Services will provide a day of adventure for your children on school out days from 8 am - 5 pm. Cost is \$25 per day.

"Half a Day Escapade": School Age Services will provide care for your children on early release days from noon - 6 pm. Cost is \$15 per day.

"Creative Play": SAS will provide 12 hours of hourly care per month. Reservations must be made in advance. Cost is \$3 per hour.

- Breakfast, lunch and PM snacks served
- Activities include 4H clubs and BGCA activities, computer and homework lab, art activities, field trips, etc.
- All children must be CYS registered members.

To register your child or for more information, please stop by the CYS Central Enrollment Registry Office in Bldg 533 on Camp Zama, or call 263-4125 or SAS at 267-6013.

■ Child Development Center • 267-6564



SHA CHILD DEVELOPMENT CENTER

• Closed

* Wednesday, 11 November (Veterans Day).

* Thursday, 26 November (Thanksgiving Day).

• Gift Packs for Deployed Troops

Tuesday, 10 November, 10 am, assemble boxes.

• PAC Meeting

Thursday, 12 November, 4 pm - 4:45 pm.

• Month of the Military Family Afternoon Cake

Thursday, 19 November, 3 pm.

For more information, please phone Julia Sektnan at 267-6348.

SHA Child Development Center

Parent's Night Out

Friday, 20 November,
5 - 11:30 pm

Cost is \$20 per child, ages 6 weeks to 12 years.

• Must register one week in advance with CYS Central Enrollment Registry Office, Bldg 533.

For more information, call 263-4125/4743.

■ Youth Sports and Fitness • 263-5437/4066

GIRLS VOLLEYBALL AND FLAG FOOTBALL

Games are 7 November - 12 December (every Saturday).

SPORT PHYSICAL

Army regulations state that anyone who participates in Youth Sports and Fitness programs must have an up to date sport physical on file before being allowed to register. CYS Central Enrollment Registry Office is now contacting all participants 30 days prior to their sport physicals expiring. When contacted, please take advantage of the advance notice to update your sport physical before it expires. Please note that physical appointments at BG Crawford F. Sams Clinic may not be readily available due to many participants updating their sport.

OFFICIALS FOR YOUTH SPORTS

Youth Sports and Fitness is always in need of qualified officials. If you are interested in officiating games for youth sports, please contact us at 263-5437.

VOLUNTEER COACHES

Youth Sports and Fitness is looking for volunteers to help coach youth sports. If you are interested, please contact us at 263-5437 or go to our web site and download a coach's

application at www.zamayouthsports.org. Once your application is accepted you will need to attend a coach's class to be certified to coach in our program.

REGISTRATION

To register, please go to the CYS Central Enrollment Registry Office,

Bldg 533, or call 263-4125 or 263-5437/4066. Be sure to have your sports physical completed before you sign up to play sports.

If you have any questions, please check our website at www.zamayouthsports.org or contact us at 263-5437/4066.

Youth Sports and Fitness

DODGEBALL

Sign ups for Dodgeball are 1 November - 18 December. This is a co-ed league for youths 7 - 15 years old. Practices start last week of December and games start in January. Please register at CYS Central Enrollment Registry Office, Bldg 533, or call 263-4125.

■ Paid Advertisements • 263-8994

“See the Bugle for the advertisement”.

QBC Quarters Beautification Competition Overall 2009 Winners



Mrs. Arlene Dulay (Camp Zama)

Mrs. Angela Johnson and son Kenneth (SHA)

Mr. Alan Summer (Depot Housing Area)

Garrison CSM Scarlett Stabel presents Quarters Beautification Competition (QBC) awards to the overall first place winners at Camp Zama, Sagamiara Housing Area and the Depot Housing Area for the 2009 program. Each winner had previously won one of the five monthly competitions which was required to qualify for the overall competition.

MWR COMMERCIAL SPONSORSHIP and the **Army Community Service Staff** thank our sponsors, **USA FEDERAL CREDIT UNION** and the **CAMP ZAMA EXCHANGE**, for supporting this major program and the community



“See the Bugle for the advertisement”.

AER

Emergency Leave.

(263-5550 or
263-4357).

Primary funding
for travel to a
gateway city of
service members
and command
sponsored Family
members, is
handled by the
Military Personnel
Division. AER
assists with travel
from the gateway to
and from the leave
site.

■ Army Community Service • 263-8327

MOBILIZATION AND DEPLOYMENT PROGRAMS, 263-HELP (4357)

Please call 263-8091 to schedule your unit pre-deployment readiness training, reunion briefing, Family Readiness Group training, and Unit Rear Detachment Commanders training. Free child care is provided by CYS during official FRG functions (advance coordination is required).

• Pre-deployment and Ongoing Readiness Training, 263-8091

This training is designed to help all deploying Soldiers, DoD civilians, and their Families prepare for a less stressful and more successful deployment held the 2nd Thursday of each month from 3 - 4 pm in the ACS Community Room.

• Deployed Spouse Program, 263-8091

If your spouse is deployed, then ACS is looking for you! Please visit us to learn more about our Deployed Spouse Program and sign up for your membership card. This card will provide various discounts throughout MWR facilities.

AER/FINANCIAL/EMPLOYMENT, 263-5550 OR 263-HELP (4357)

The ACS Financial Readiness Program offers a variety of services such as budget assistance and personalized budget counseling. This program was created to enable Soldiers and their Family members achieve personal financial readiness through the use of sound money management. Units and FRGs may request classes; prefer requests a minimum of two weeks in advance by emailing gary.wertz@us.army.mil.

NOTE: NO SCHEDULED CLASSES WILL BE HELD IN NOVEMBER DUE TO INSTRUCTOR TDY.

FAMILY ADVOCACY PROGRAM, 263-4782 OR 263-HELP (4357)

The Family Advocacy Program provides services that support military Families. The programs are designed to prevent Family violence and sexual assault. If you, your unit, or organization would like to schedule a class or workshop such as



Military Unit / Organization Greeting Card Contest

This is the 5th Annual Holiday Card Contest. Units and organizations are encouraged to participate in this holiday activity. Get in the Christmas spirit and display your decorative greeting and promote your unit or organization message. Plywood can be picked up at ACS Building 402 starting 2 November. All cards are due back to ACS before or on 30 November; no cards will be accepted after this date. Judging will be conducted on 5 December. There will be awards for 1st (\$200), 2nd (\$125), and 3rd place (\$65) which will be presented on 11 December, 1 pm, at Gate #7.

Christmas Holiday Decoration Contest

Decorate the outside of your home for the holidays! Homes will be judged on creativity, originality, lighting, holiday spirit and overall presentation. Judging will be conducted on 5 December. There will be awards for 1st, 2nd, and 3rd place for each housing area. Awards will be presented on 11 December.

For more information, contact Ms. Tierney at ACS at 263-8087.

spouse and child abuse prevention or stress management contact the Family Advocacy Program Manager at 263-4782.

The Reporting Point of Contact (RPOC) for suspected child abuse and spouse abuse is the Military Police at 263-3002. Reports of domestic violence may be made on a restricted basis only to the following designated personnel: the Victim Advocate at 090-9395-8909 or 263-4853, military health care providers, Family Advocacy clinical social workers at Behavioral Health Services at 263-4610, or the Family Advocacy Program Manager (FAPM) at 263-4782. Information provided in restricted reports will not be disclosed automatically to command or law enforcement. Access to medical care, forensic examination, advocacy, intervention and support will be provided. Contact 263-4782 for additional information about domestic violence restricted and unrestricted reporting.

• **Sexual Assault Prevention and Response Program (SAPRP)**

Sexual Assault Hot line from a DSN: 882# or 090-9395-8909.

This is a commander's program designed to help prevent sexual assault



Survivor Outreach Service

Survivor Outreach Services (SOS) provides services that support the Families of Fallen Soldiers. SOS is designed to enhance services to these Families. The Support Coordinator serves as the long term support person for Survivors, conducting support groups, briefings to the community and leadership, life skill and supportive counseling. Financial Counselors provide financial assistance, budgeting, investment education, retirement savings and estate planning for the surviving Family member to reach financial goals.

For more information, contact the SOS staff at 263-HELP(4357), ACS Bldg. 402

through increased awareness and training and to provide information and resources if sexual assault occurs. An individual who has been sexually assaulted may report the incident in a restricted or unrestricted manner. To make a restricted report, contact a medical provider, chaplain, the Sexual Assault Response Coordinator (SARC) at 263-HELP /4357 or your Unit Victim Advocate. To make an unrestricted report, contact the Military Police at 263-3002, the chain of command, or the SARC at 263-HELP /4357 or 090-9395-8909.

• **Victim Advocacy**

Victim Advocacy is a free service for all personal in the military community. The victim advocate for Camp Zama is located in Building #402 with Army Community Services. Victims are encouraged to come and speak with a trained Victim Advocate and inquire about available services. The victim advocate works with those who have been a victim of domestic violence or sexual assault. To contact the Victim Advocate call 263-HELP/4357 or 090-9395-8909.

Relocation Readiness 263-HELP (4357)

• **Medical Morning Briefing - 263-8091**

19 November, 8:30 am - 3 pm, Camp Zama Community Club right wing. Health care professionals provide information about medical care and counseling services in Japan and the military community. A pharmacy class, which is mandatory in order to receive over the counter medications, is also given during this briefing. The orientation is mandatory for military and civilian personnel. Adult Family members may also attend. Free hourly child care is available for attendees. Please contact Zama CDC 263-4992 or SHA CDC 267-6564 for reservations.

• **Newcomers Train Class, Parts I and II**

Part I: 19 November, 6 - 7 pm, ACS Community Room, Bldg 402. This class will teach you how to read the signs in the stations, buy train tickets and more.

Part II: 21 November, 9 am - 4 pm, Gate 4, Camp Zama. Join us as we practice how to travel by train and subway. Children and Family members are welcome; bring about ¥1,400 per person for transportation expense and extra yen for shopping.

• **Shopping on the Economy**

20 November, 9:45 am - 12:30 pm, Gate 4, Camp Zama. Join our Japanese volunteers as they take you on a guided tour to a local supermarket, then on to the five story "100 Yen Shop" in Machida. Bring ¥400 for transportation and extra yen for shopping. Children are welcome.



■ Army Community Service • 263-8327

NEW PARENT SUPPORT (NPSP), 263-HELP (4357)

The NPSP, a division of the Family Advocacy Program, specializes in assisting and offering services to new and expecting parents.

- **Play Morning:** is an interactive playgroup for parents and children aged birth to 6 years. Held Tuesdays 9:30 - 11 am, Zama Chapel Bldg 502 and every 3rd Thursday, 9:30 - 11 am, SHA CDC. Every 2nd and 4th Thursday, 9:30 - 11 am, EDIS at Arnn Elementary School. **PLAY-MORNING CANCELLED** on 26 November due to US holiday.

- **Breast Feeding Support Group:** held the 1st Thursday of every month, 9:30 - 10:30 am, ACS and the 3rd Monday, of every month, 9:30 - 10:30 am, SHA CDC.

- **Baby Love Seminar:** Age Appropriate Activities for Infants through Preschool, 10 November, 09:30 - 10 am, during Play Morning session and given again to SHA community on 12 November, 9:30 - 10 am, EDIS.

- **"Baby Bundles":** information and supplies for new and expectant parents and electric breast pumps are available by calling 263-HELP.

- **New Parent Support Group Workshop:** Developmentally Appropriate Activities to Do with Your Children at Home on 23 November, ACS Bldg 402, noon - 1 pm. Please pre-register by 16 November by calling 263-HELP.

EXCEPTIONAL FAMILY MEMBER PROGRAM, 263-HELP (4357)

The Camp Zama Exceptional Family Member Program (EFMP) is a mandatory enrollment program for active duty Soldiers with Family members with special needs. It is important for spouses to enroll their Family members to ensure their Family members receive the best possible care at their existing and future duty assignments. If you are currently enrolled in EFMP keep in mind your file must be reviewed every 3 years or upon a change in condition of the Family member which ever comes first. Soldiers just arriving at Camp Zama and the sponsor of an Exceptional Family Member must in-process with the EFMP Coordinator. Come out and network with other parents when

you join the EFMP Parent Support Group which meets every 3rd Tuesday of each month at ACS from noon - 1 pm. EFMP Workshop on EFMP ACS Social Services will be held on 30 November, ACS Bldg 402, from noon - 1 pm. Please pre-register by 23 November by calling 263-HELP. For more information or to register for upcoming workshops, contact the ACS EFMP Coordinator at 263-4572.

COMMUNITY LIFE OFFICE, 263-8087 OR 263-HELP (4357)

• Army Family Action Plan (AFAP)

The Camp Zama Army Family Action Plan Symposium will be held 26 - 28 January, 2010.

What is AFAP? Because the Army's leaders recognize that to have a quality Army, you must be satisfied with the Army's way of life.

AFAP connects you with the Army. AFAP is an idea and issue gathering process. AFAP makes things happen, sometimes all the way to the TOP. AFAP, like everything, has deadlines. Our conference of subject matter specialists, commanders and caring contributors meets in January. Watch for the **ISSUE COLLECTION BOXES**, or log on to <http://www.mwrjapan.jp.pac.army.mil/>. and click "Submit an AFAP Community Idea/Concern". Issues can be submitted anonymously and will be sent directly to the AFAP Program Manager. You will be heard.

• Army Volunteer Corps (AVC)

Would you like to learn new skills, meet new people and explore new career fields? You can register as a volunteer in the Volunteer Management Information System (VMIS), If you do not already have an account at www.myarmyonesource.com, register for an account by going to the site and clicking on "register for and account". Once registered, click on "Become a Volunteer" and select "Volunteer Registration."

NEWCOMER'S ORIENTATION

Wednesday, 18 November, 8 am - 4:30 pm

... Community Club (Right Wing) ...

- Opening welcome by the Command Group and overview of different programs and services presented by various representatives.
- **"Taste of Japan"** luncheon at the Camp Zama Community Club, sponsored by KDDI.
- Mandatory for military and civilian personnel. Adult Family members are encouraged to attend.
- Free hourly child care available for attendees. Please contact Zama CDC 263-4992 or SHA CDC 267-6564 for reservations.



MWR Commercial Sponsorship and the **ACS staff** thank our sponsor, **KDDI**, for supporting the Newcomer's Orientation Program and the Zama community.

• For International Calls:

99 + 001 + Country Code + Area Code + Phone No.

KDDI

• **Army Family Team Building (AFTB) 263-HELP (4357)**

If you are a young Soldier SGT or below and need Promotion Points AFTB is a good source you will be able to use throughout your military career. Go online at www.myarmyonesource, for Level I, II and III.

INFORMATION AND REFERRAL, 263-4357

I and R provides, maps and directions to the local area and for military installations throughout Japan, as well as resource information on public, private and voluntary agencies at Camp Zama and tourist information for the local Japanese economy. Resource information can be accessed using CAC readers at <https://intranet.zama.army.mil>.

• **Children's Japanese Class**

Every Monday, 10:30 - 11:15 am and 11:15 am - noon.

• **Adult English as a Second Language Class (ESL)**

Every Wednesday, 1 - 2:30 pm.

All levels. CLASS CANCELLED 11 NOVEMBER.

• **Adult Japanese Language Class**

Every Wednesday: 10 - 11 am advanced class, 11 am - noon, beginner class. Taught by a native Japanese

speaker. CLASS CANCELLED 11 NOVEMBER.

ALL CLASSES ARE CANCELLED ON US HOLIDAYS

For more information, please email: Stacee.Davis@us.army.mil

MAYORAL/DEPUTY ELECTION

Elections for Community Mayor/Deputy Mayor will be held this month.

Nominations will be from 1 - 10 November.

Voting for the Community Mayor/Deputy Mayor will be held 11 - 27 November.

Voting boxes will be placed in several locations throughout the community.

The voting age for community Mayor/Deputy Mayor is 18 and older.

Teens may only vote for teen Mayor/Deputy Mayor.

VOTE

ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

MWR
MENTAL WELL-BEING OF YOUR LIFE

For more information, please contact ACS at 263-4357.

“See the Bugle for the advertisement”.

You can trade-in your old clubs for "instant" credit towards the purchase of new clubs. Find out how much your clubs are worth at <http://valueguide.pga.com/>

■ Camp Zama Golf Club • 263-3694

<http://www.usarj.army.mil/information/mwr/business/golf/>

TOMODACHI DAYS ARE AS FOLLOWS:

- 13 November - Friday
- 20 November - Friday
- 27 November - Friday
- 30 November - Monday

Your Japanese guests (max 3 guests per person) can play with you for the low fee of ¥5,000 plus cart. This is a significant savings over the regular rate of ¥11,000. Check with starters for available tee times.

NICHIBEI FRIENDSHIP TOURNAMENT

Wednesday, 18 November, shotgun start at 9:30 am. Contact Ernie Harada at 263-4225 to sign up. Cost is \$25 for SOFA status golfers plus green fees for nonmembers.

PRO SHOP

The Zama Golf Course Pro Shop offers a full selection of the latest clubs, clothing, golf bags, shoes, gloves, hats and many other accessories. You can find "Ping, Nike, Titleist, *Mizuno and Callaway clubs (*club fitting available) as well as a wide selection of mens and ladies clothing with and without logo. Brand name premium clothing is available from Ashworth, Nike, and Adidas to name a few. Logo shirts and hats make great gifts of "Omiyage".

ANNOUNCING

"Zelosity PureLaunch" launch monitor for personalized Club fittings.



\$50

Want to know your spin rate, launch angle, distance etc...? No more guess work. Launch monitor with two integrated Doppler-radar transceivers; patented technology; made in USA.

Outputs: ball velocity, club head speed, carry distance, power transfer ratio %, launch angle, total spin, deviation, angle of descent, angle of attack, side spin, club face angle, angle of descent, trajectory graphics, shot simulation, club acceleration and deceleration, data and reports. Call Dale Jorgenson at 263-3694 to schedule your personalized club fitting session.




HOLE #1 AND HOLE #5

- NO DRIVERS.
- 3 WOODS OR LESS.

このホールはフェアウェイウッド、もしくはアイアンのみのティーショットに制限されています。ドライバーは使用出来ません。



INDIVIDUAL 18 HOLE STROKE PLAY - FLIGHTED EVENT

Open to any amateur golfer with a USGA or JGA Handicap. Golfers without a handicap will play at scratch. Handicaps will be used to create flights. USGA rules will be used.

Flights determined after entries received. There will be gift certificates awarded for Low Gross Winners in each flight. Awards presentation and Thanksgiving Buffet on Saturday.

Fees: \$25 - Zama, Atsugi and Tama Hills Club Members, \$39 - DoD Non-members ¥6,000 - JGSDF (Stationed at Zama), ¥8,000 - MLC/IHA/HPT, ¥15,000 - All others
Fees include carts and Buffet Luncheon on Saturday

Contact Dale Jorgenson, Director of Golf at 263-3694 or email at dale.jorgenson@zama.army.mil






TURKEY SHOOT

Saturday, 21 November, Tee Times Starting at 6:30 am
Check-in 30 minutes prior!

Deadline for sign-up is Tuesday, 17 November at 5 pm
Field is limited to 120 Players

ZAMA GOLF CLUB



LUNCH

Mondays

- 2 Pancit, Fried Rice, Lumpia Combo
- 9 Chicken Apritada
- 16 Sweet and Sour Pork
- 23 Beef and Broccoli
- 30 BBQ Steak

Tuesdays

- 3 Fish Po Boy
- 10 Bacon Wrap Pork Loin
- 17 Pork BBQ Sandwich
- 24 Roast Beef Sandwich

Wednesdays

4, 18 and 25 November, fried chicken, served w/cornbread and choice of starch, coleslaw or vegetable of the day.

- 11 No lunch special (US holiday)

Thursdays

- 5 Beef Fajitas
- 12 Chicken Enchiladas
- 19 Beef Taco Salad
- 26 No lunch special (Thanksgiving Day)

Fridays (6, 13, 20 and 27 November)

- Fried Cod Fish and Shrimp
- Choice of Starch
- Side of Coleslaw or Vegetable of the Day

LUNCH

Saturdays (7, 14, 21 and 28 November, no Daily Lunch Special)

Sundays

- 1 Lasagna
- 8 Pork Cutlet w/Parmigiana

LUNCH

- 15 Chicken Cacciatore
- 22 Spaghetti w/Meatballs
- 29 Chicken Cutlet w/Ham and Cheese

MENU



Blueberry Pancakes: \$4.50



Steak and Eggs: \$9.95

4oz of fillet mignon, 2 eggs (cooked your way) choice of hash browns, rice and side of toast



Healthy Lunch Specials



\$5.95

Monday



Fresh Vegetable Lumpia

Sauteed vegetables, tofu and lettuce in a fresh lumpia wrapper made from scratch served with homemade garlic peanut sauce

Thursday



Spinach Flour Tortilla Wraps

Slices of Cajun grilled chicken breast on a bed of shredded cabbage and carrots topped with our own curry mayo and chopped roasted peanuts. Served w/a side salad.

Tuesday



Lemon Pepper Chicken Pita

Grilled lemon pepper chicken breast, pita bread and vinaigrette drizzled lettuce and tomato served with a side salad.

Friday



Tofu Steak

Grilled tofu topped w/our homemade sweet soy sauce. Served with white rice and side salad.

Wednesday



Cajun Grilled Fish

Grilled fillet of fish generously seasoned with Cajun spices. Served with white rice and a choice of salad or vegetable of the day.

Sunday



Pasta with Broccoli Sauce

Pasta of the day tossed in our homemade broccoli sauce topped with grated parmesan cheese. Served with garlic bread.

F

riday Night
(Mongolian BBQ)
Fridays, 13 and 27
November, enjoy the
best Mongolian BBQ
in town!!! Also, on 6
and 20 November, we
offer the regular dinner
menu.

**PRE-THANKSGIVING
BUFFET**
Thursday, 19 November,
5 - 8 pm
Only \$20



Roasted Turkey, Beef, Candied
Yams, Salad, Rice and Dessert
Please make a reservation,
phone 268-4954

■ Sagami Lounge • 268-4954/4847

Orders: 268-4142

LUNCHES

MONDAY

- 2 Steamed Chicken
- 9 Lasagna w/Garlic Bread
- 16 Chicken Taco Rice
- 23 Chicken Cutlet
(Lounge Special)
- 30 Cheese Hamburger

TUESDAY

- 3 Hamburger Steak
w/Onion Gravy
- 10 Fried Chicken
- 17 Sweet and Sour Pork
- 24 Yakisoba, Fried Rice
and Karage

WEDNESDAY

- 4 Beef Taco Rice
- 11 Closed
- 18 Garlic Chicken Saute
- 25 Lasagna w/Garlic Bread

THURSDAY (All-U-Can Eat)

- 5 Oriental Buffet
- 12 Italian Buffet
- 19 American Buffet
- 26 Closed

FRIDAY

- 6 Fried Shrimp
w/Curry Sauce

LUNCHES

- 13 Chicken Fajita
- 20 Seafood Casserole
- 27 Chicken Curry

DINNER SPECIALS

TUESDAY NIGHT (LIMITED)

MENU/DINNER SPECIAL - \$8.50

- 3 Mexican Dinner Special
- 10 BBQ Dinner Special
- 17 Pizza and Pasta Dinner Special
- 24 Regular Menu

WEDNESDAY NIGHT WEDNESDAY NIGHT

Family night movies for adults and
youths 4, 18 and 25 November,
regular dinner menu; choose your
discount (11 November, closed).

THURSDAY NIGHT

(CHEF'S SPECIAL DINNER)

- 5 Steak and Salmon Teriyaki (\$20)
- 12 Chinese Dinner (\$20)
- 19 Pre-Thanksgiving Buffet (\$20)
- 26 Closed

**2009
ZAMA
OPEN
WINNERS**



Yasuyuki Ishii Yoko Lofton



You can be a winner too!!! Come to the **"Football Frenzy"** every Thursday night (last chance 7 January, 2010) in the CZCC, 5 - 7 pm, and make your selections of the weekend NFL games. Your selection form must be turned in by 7 pm.



GRIDIRON CHALLENGE WINNERS



Week 1: GEN Wiercienski



Week 2: Cathy Avery



Week 3: Terese Slan

Week 6: Lexmark printer / scanner / fax / wireless (from USA Fed Credit Union) and two tickets (from Fujikyu)

Week 7: Nikon digital camera (from Budweiser) and patio umbrella and ice chest (from Miller Lite)

Week 8: Sony portable DVD (from USA Federal Credit Union) and two tickets (Tokyo Summerland)

Week 9: Two (2) Pro Bowl tickets (from Noram Sports) and ¥5,000 food coupon (from Outback)

Week 10: Apple Ipod (from Camp Zama AAFES) and ¥5,000 food coupon (from TGI Friday's)

Week 11: NFL football jersey (from CZCC) and two tickets (Sunday Brunch - The New Sanno Hotel)

Week 12: Samsung digital camera (from Budweiser) and patio umbrella and sports chair (from Miller Lite)

Week 13: JVC video camcorder (from Exchange New Car Sales) and two tickets (from Fujikyu)

Week 14: NBA watch and all star jacket and ¥5,000 food coupon (from TGI Friday's)

Week 15: NFL football jersey (from CZCC) and NBA watch

Week 16: HP Office jet print, scan, fax (from USA Fed Credit Union) and ¥5,000 food coupon (from TGI Friday's)

Week 17: JVC video camcorder (from Exchange New Car Sales) and ¥5,000 food coupon (from Outback)



Week 4: John Phillabaum



Week 5: Peter Siu

MWR COMMERCIAL SPONSORSHIP AND THE ZAMA COMMUNITY CLUB STAFF THANK OUR SPONSORS FOR SUPPORTING THIS MAJOR EVENT FOR OUR COMMUNITY.



The Budweiser and Miller Lite Companies Support "Responsible Drinking".

Sponsorship does not imply endorsement by the U.S. Government.

For more information, please phone 263-4547

Youth Sports and Fitness

For additional Youth Sports and Fitness programs, please see page 6.



Camp Zama's Youth Sports and Fitness (YSF) program is a recreational league for play, develop, and have fun in a safe and organized environment. The YSF program follows guidelines from the National Alliance for Youth Sports.

YSF offers a "Start Smart" program for children ages 3 - 4. The program is designed to teach the skills they need to develop to play sports. A coach leads all participants in drills and games.

There are also Boys and Girls Leagues for traveling teams (ages 9 - 18) and co-ed teams. Camp Zama is a team in the non-traveling league Zama plays with Atsugi Naval Air Station. Traveling teams from Yokosuka Naval Base and their satellite bases, Atsugi Naval Air Station and Yokota Air Base play against Japanese teams as part of a friendship exchange program.

The YSF program philosophy follows the National Alliance for Youth Sports guidelines:

a. Developmental Programs for children 6 years old and under:

- Informal teams
- Focus on motor skill development
- Scores and/or standings are not kept

c. Organizational Programs for ages 9 to 10:

- Scores kept but standings de-emphasized
- Encourage a variety of positions and situational play

b. Instructional Programs:

- Focus on skill development
- Scores and/or standings are kept
- Encourage a variety of positions and situational play

d. Skill Development Programs:

- Focus on skill development
- Scores and/or standings are kept
- Encourage a variety of positions and situational play

It is important to understand that when children participate in a recreational league, they are still developing. Modifying rules and skills assessments. Often, parents, coaches and players act as if the game is replicated from high school, college and professional levels. Children will often quit playing if the game is too competitive. Good plays by both teams and recognize that children in this league are still developing.

Please come out and enjoy our recreational leagues every Saturday (during a sport season).

LET THE CHILDREN PLAY
LET THE COACHES COACH
AND LET THE OFFICIALS OFFICIATE!

For information, please phone 263-5437 / 4066.



by Robert A. Santana

for children ages 3 - 18. The program is designed so that children can follow Army Standards which incorporates youth sports guidelines

ed for parents to work with their children in teaching the proper the parents work with their children at different stations.

leagues for nontraveling teams (ages 5 - 8). If there is only one teams play against other teams in the Kanto Plain including Air Base. There may be times when Zama plays against local Japa-

ues and focuses on the following:

structional Sports Programs for ages 7 - 8:

ocus on skill development and rules of the game

cores and standings are not kept

ncourage a variety of positions and situational play

Enhancement and Enrichment Programs for 11 years old and above:

cores and standings de-emphasized

proper grouping and selection procedures to ensure fair and equitable teams

ncourage a variety of positions and situational play

ue they are playing to have fun. The recreational league is based on that philosophy by incorporating a Must Play Rule, no seeding of as though the programs have been modeled after adult oriented programs using rules, skill expectations and competitive requirements playing in a recreational league if they deem it is not fun. Please help the children by only shouting out encouragement, acknowledge g; they do not need to be embarrassed by spectators because they are trying their best but are not quite ready for the next level.

season) and remember:



Photo credit: Torii Newspaper Staff.



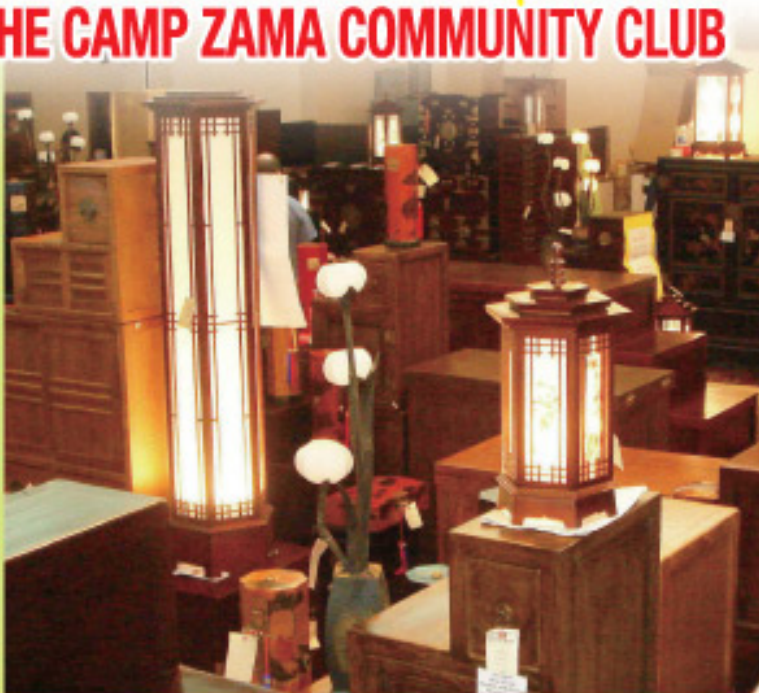
SKIES Unlimited
Schools of Knowledge, Inspiration, Exploration & Skills

CAMP ZAMA COMMUNITY

BAZAAR



AT THE CAMP ZAMA COMMUNITY CLUB



OVER 50 VENDORS: CHINESE ROSEWOOD FURNITURE, CLOTHING, JEWELRY, POTTERY, ANTIQUES, TOYS, ELECTRONIC GOODS, KIMONOS, ARTS & PICTURES, KOREAN & THAI FURNITURE, HONG KONG LINENS.



NOVEMBER 2009

SAT
28
9 AM - 5 PM

SUN
29
10 AM - 4 PM

For more information:

☎ 263-5316

This is your last opportunity before the "Holidays" to shop at the BAZAAR.

CAMP ZAMA COMMUNITY CLUB PRESENTS

COMEDY SHOWCASE

FRIDAY, 20 NOVEMBER
CZCC BALLROOM

DOORS OPEN 9 PM
SHOWTIME 10 PM

ADVANCE TICKETS \$10
AT THE DOOR \$15

ADULTS ONLY

Tony Woods

Rob Maher

FOR MORE INFORMATION, PLEASE CALL CZCC 263-4547

Paid Advertisements

“See the Bugle for the advertisement”.

Cafe Roberto
is proudly serving
Starbucks coffee all
day!!! Enjoy sandwiches,
salads, nachos, pizza
and desserts with
family or friends in Cafe
Roberto's. No food
service after 10 pm.



BINGO NIGHT

Thursday cards sale 6 pm,
early bird game at 6:45 pm,
regular game starts 7 pm.

BINGO PACKET AND HANDSET:
\$28 (have all games except
Early Bird and U-Pick-Em).

*** For more information, 263-4547 ***

■ Camp Zama Community Club • 263-4547

FIRELITE LOUNGE

• Hip Hop Music w/DJ

On Friday Night, 6, 20 and 27 November, "Hip Hop music w/DJ" in the Firelite playing your favorite Hip Hop artist songs from 10 pm - 3 am.

• Country Music with DJ

On Saturday night, 7 and 14 November, 8 pm - 2:30 am in the Firelite Lounge, hear your favorite country artist songs. On the 2nd and 4th Wednesday, enjoy free line dance instruction from 8 - 9:30 pm.

• Variety Night

Tuesday Night, 10 November, 8 pm - 1 am, enjoy variety music in the Firelite w/DJ".

• Latino Night

Friday, 13 November, 10 pm - 3 am in the Firelite. Dance to the sounds of Latino music from the best Latino DJs in Japan.

• Old School Night

Saturday, 21 November, 8 pm - 2:30 am, playing your favorite 60's, 70's, 80's and 90's artist songs.

• Latino Night

Saturday, 28 November, 10 pm - 2:30 am in the Firelite. Dance to the sounds of Latino music from the best Latino DJs in Japan.

LUNCH

Sunday Brunch (10 am - 1:30 pm):

Adults: \$12.95
Youths 8 - 12: \$6.95
Youths 4 - 7: \$3.95
3 and under: Free

Tuesday: (Rotisserie Chicken, Katsu Don and vegetable of the day)

3 Mosquitte Chicken
and Peppers
10 Chicken Picata
17 Hawaiian Chicken
24 Beef Croquettes

Wednesday: (Rotisserie Chicken, Chicken Don and vegetable of the day)

4 Hayashi Rice
11 No Lunch
18 Tonpourou
25 Veal Parmesan

Thursday: (Rotisserie Chicken and vegetable of the day)

5 • Beef Curry
• Okura and Tuna
Cream Pasta
12 • Beef Pot Pie
• Spaghetti Napolitan
19 • Stuffed Cabbage roll
w/Cream Sauce
• Spaghetti w/Meat Sauce
26 Thanksgiving Day Buffet



TEXAS HOLD'EM

**Saturday, 21 November
2 pm, CZCC Ballroom**

Tickets purchased by 17 November: \$40
After 17 November: \$50
Includes buffet, non-alcoholic drinks and prizes
Prizes will be based on the number of players
Sign-up at the Cashier's Window

ADULTS ONLY

FOR MORE INFORMATION, CALL 263-4547

LUNCH

Friday "Lunch Buffet" (soup and vegetable of the day, \$6.95)

- 6 • Chicken Enchiladas
- Beef Tacos
- Mexican Rice
- Burritos
- Mexican Corn
- 13 • Baked Meat Loaf
- Sliced Roasted Turkey w/Stuffing
- Mashed Potatoes w/Gravy
- 20 • Sweet Sour Chicken
- Pork Chop Suey
- Fried Rice, White Rice
- 27 No Lunch

Saturday (No Lunch)

DINNER MENU

Sunday (limited menu) 5 - 9 pm
"2 for 1 Steak Night"
(no take out)

Includes soup and tossed green salad, hot vegetable of the day and your choice of baked potato, rice, or mashed potato. Modified menu will be offered on Sunday nights.

Monday - Closed

Tuesday (5 - 9 pm)
2 meals for \$15 and limited menu. Theme menu, such as American, Chinese, Japanese, Korean, Mexican, Italian etc. Menu will change every week. Included w/soup and tossed green salad, hot vegetable of the day

DINNER MENU

and your choice of baked potato, rice, or mashed potato. Modified menu will be offered. (no take out).

Wednesday (5 - 9 pm)

- Mongolian BBQ (\$0.75 oz)
- Limited menu

Reservations: Please call 263-4547 before 3 pm.

Thursday (5 - 9 pm)

- "All You Can Eat Pizza, Pasta, Soup and Salad Bar" (no take out)

Adults: \$10.95

Youths 4 - 12: \$5.95

Under 3 years old: Free

- Regular menu

Friday "Chef's Special" (5 - 9 pm)

Regular Menu

- 20 Community Night

Saturday (5 - 9 pm)

- Regular Menu
- Prime Rib Dinner
- Prime Rib and Shrimp Scampi

- 21 Texas Hold'em

Our regular menu will be offered in addition to the above specials on Saturday night.



FREE • FREE • FREE

It's BUNCO TIME!

Gals ... and guys too!

6 November, 6:30 pm
at CZCC Ballroom

CASH PRIZES

\$100	Most Buncos
\$100	Most Mini Buncos
\$100	Most Wins
\$100	Most Losses

Light snacks are available.
Participants must be 18 or older.
For more information, 263-4547

Community Night

FRIDAY • 20 NOVEMBER • 5-8 PM

Hors D'oeuvres, Prizes & Entertainment
Advance Tickets \$3
At The Door \$5

presents

BINGO!

Camp Zama Community Club 263-4547

■ Paid Advertisements • 263-8994

“See the Bugle for the advertisement”.

■ Zama Bowling Center • 263-4780

THIS MONTH'S SCHEDULE

• King of the Hill Tournament

Sunday, 1 November, 11 am - 6 pm.
Entry fee is \$40. Come out and roll with the best. Sign up at the Zama Bowling Center.

• No Tap Tournament

Sunday, 15 November, 11:30 am - 2:30 pm. Fee is \$20. Roll four(4) games, winner is highest score. Re-

member, roll a 9 and it is counted as a "STRIKE". No skill needed; you have as much chance of winning as everyone.

SERVICES

• Holiday Party

Schedule your holiday parties now. Special "Holiday" packages are available.

• Catering Service

We offer "Catering Service" for small office parties. Come to the Zama Bowling Center Snack Bar and pick up our party menu.

• Delivery Service

Too tired to cook? Don't want to leave the house? Zama Bowling will soon be offering delivery service.

LUNCHES

MONDAY

- 2 Chicken Cutlet w/Rice
- 9 Green Curry w/Rice
- 16 Taco Rice
- 23 Sweet Sour Fish w/Rice
- 30 BBQ Ribs w/Mashed Potato and Corn on the Cob

TUESDAY

- 3 Chop Suey w/Rice
- 10 Beef Bowl w/Miso Shiru
- 17 Kalua Pork w/Macaroni Salad and

LUNCHES

- Haupia Cake
- 24 Italian Chicken Saute w/Rice

WEDNESDAY

- 4 Chicken Apritada w/Rice and Filipino Dessert
- 11 Regular Menu (Veterans Day)
- 18 Chicken Adobo w/Filipino Dessert

LUNCHES

- 25 Pork Sinigang Soup w/Rice and Filipino Dessert

THURSDAY

- 5 Reuben Sandwich w/Fries
- 12 Baked Lasagna w/Tossed Greens and Garlic Bread
- 19 Chicken Pasta Salad w/Garlic Bread
- 26 Regular Menu (Thanksgiving Holiday)



**VETERAN'S DAY
BOWLING TOURNAMENT**
Wednesday, 11 November, 1 - 4 pm
Zama Bowling Center

BOWL FOUR GAMES
Best 3 games = Entry Score
Prizes for top 3 places!

\$15 Fee
40% of entry fees goes towards the prize fund

Zama Bowling Center 263-4780



**YOUTH
HANDICAP
TOURNAMENT**

SUNDAY, 15 NOVEMBER, 1-3 PM

Bowl Four Games
Best 3 Games = Entry Score
Entry Score Determines Handicap
Prizes for top 3 places

\$15 FEE
40% OF ENTRY FEES GOES TOWARDS THE PRIZE FUND

Zama Bowling Center 263-4780

Zama

Book of Records, every third Saturday of the month (21 November), at the Yano Fitness Center. All events have a female and male division. Events include: free-throws, 3-point shoot out, bench-press, swim fastest lap, 50 meter kick board, football throw (accuracy), volleyball serving (accuracy) and 40 yard dash. Call the Yano Fitness Center at 263-4664 for specific event times.

■ Sports, Fitness and Aquatics

263-3954 / 4664

**ATTENTION
POTENTIAL CONTRACTORS**
The Yano Fitness Center is seeking interested applicants in the following areas:
Massage therapist, aerobics, martial arts, fitness trainers, Zumba, Tai Chi, yoga and other group exercises. For more information, call 263-3954/4042.

MASSAGE

• Aqua Massage

The Yano Fitness Center offers "Aqua Massage", \$5 for 15 minutes. You must be 18 years old or if 16 - 17 years old have written parental consent or a legal guardian present. For more information, call 263-4664/394.

• Shizuka's Massage Therapy

"Massage with Shizuka" is now being offered at the Yano Fitness Center by appointment only. Days offered are Mondays, Wednesdays, Fridays, and Saturdays. First appointment is 10:30 am and the last appointment is 4 pm. Call the front desk at 263-4664 for additional information. The cost is \$50 for 60 minutes, \$40 for 45 minutes or \$30 for 30 minutes. Payment must be made when making an appointment (you must be at least age 21). For more information, call 263-4664/3954.

• Yukari's Soft-Chiropractic Massage

Japanese "Physiotherapy with Yukari" is available on Fridays, 5:30 - 9 pm (first appointment at 5:30 pm and the last appointment at 7:15 pm), and on Sundays, 11 am - 6 pm (first appointment at 11 am and the last appointment at 5 pm). Call the front desk at 263-4664 for additional information. The cost is \$50 for 60 minutes, \$40 for 45 minutes or \$30 for 30 minutes. Payment must be made when making an appointment (you must be at least age 21).

• Brian's Massage

Tuesdays: 6:30 am - 9 pm

Wednesdays: 5:30 - 9 pm

Thursdays: 6:30 am - 4:30 pm

Cost:

Swedish Massage:

30 minutes: \$25

60 minutes: \$45

YANO FITNESS CENTER

SINGLES BADMINTON TOURNAMENT

9 am • Saturday
7 November
Men's and Women's Division

*For more information, please call 263-4664.



- Open to all in the Camp Zama Community (must be 18 years old and not in high school).
- No Fee
- Registration deadline is 9 pm, Friday, 6 November.
- Commander's Cup points are awarded.

Sports Massage:

60 minutes: \$60

90 minutes: \$85

Deep Tissue Massage:

60 minutes: \$60

90 minutes: \$85

NOTICE: The massage gift certificate is good for 90 days from the day of purchase. If you have a gift certificate and you are not sure of the expiration date, please contact the front desk at 263-4664.

TAI CHI

Tai Chi (Chinese breathing exercise) and Kung Fu fitness (every Monday at 6:45 pm).

One session: \$6

4 sessions: \$20

PERSONAL TRAINING

For more information, call 263-4664.

TANNING BOOTH

The Yano Fitness Center has two tanning booths. Hours:

Monday - Friday:

6:20 am - 6:25 pm

Weekends:

10:05 am - 5:35 pm

Purchase a one session card for \$2.50, ten sessions for \$20, or



AEROBIC CLASSES

Cost Per Session: **\$3.50**

*For more info, please call 263-4664.

*Available Now!

Instructors: **Cowin Christie & Ayako Robinson**

twenty sessions for \$35 (you must be at least age 18).

AQUATICS

• Water Aerobics Days and Hours

Water Aerobics Classes:

Mondays, Wednesdays, Fridays

9 am - 10 am

Aqua Jogger Classes:

Tuesdays and Thursdays

5:30 - 6:30 pm

See flyer for specific details and cost.

JACUZZI, STEAM ROOM, SAUNA

The jacuzzi, steam room and sauna are co-ed at the Yano Fitness Center. On Wednesday mornings, the jacuzzi, sauna, and steam room are closed for maintenance from 8 am - noon.

TRAINING RESERVATIONS (SWIMMING POOL)

If you are considering utilizing the

Yano pool for unit PT, water survival training, or any other structured training program, submit a "Pool Training Reservation Request" to the front desk at the Yano Fitness Center. For reservations, submit the reservation request no less than six weeks in advance. Forms can be emailed upon request. Need ideas for PT Training? Do you need an instructor? We can help! Types of training we support: Water Survival Training, Water Aerobics, Aqua Jogger, APFT Swim Test and Swimming Technique.

AGE POLICY FOR SWIMMING POOL

Children 12 years of age and below are not permitted in the pool unless accompanied by and under the direct supervision of a parent or adult guardian. Children 13 and older have access to the pools without parental supervision. Exception: Children participating in special pro-



6 Person Soccer

Tournament

YANO FITNESS CENTER

- \$75 Team Fee
- Teams may be all male, all female or mixed.
- Awards to 1st and 2nd place.
- Register at the Yano Fitness Center issue counter by 9 pm, 23 November.
- For more information, please call 263-4664.

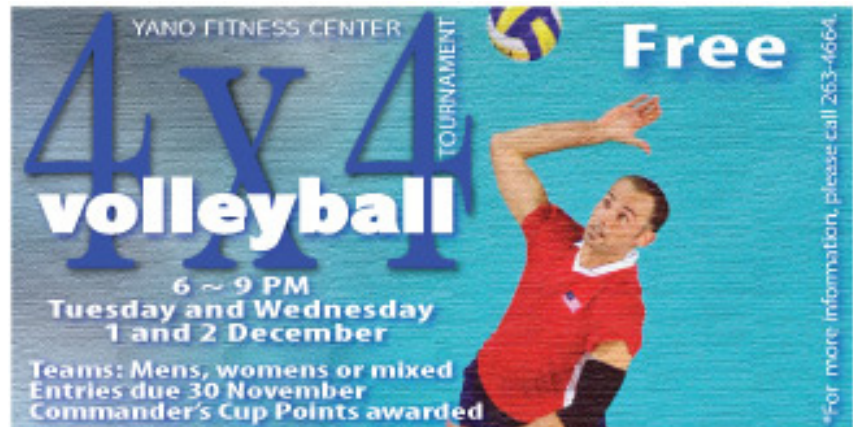
9 am • Saturday
28 November
Yano Fitness
Soccer Field

■ Sports, Fitness and Aquatics • 263-3954 / 4664

grams organized and conducted by Aquatics, CYS, the schools, or other authorized youth organizations may participate under designated adult supervision.

SOLARIUM RESERVATIONS

If you are considering a party in the solarium, please submit a "Solarium Reservation Request" form to the front desk at the Yano Fitness Center (forms are available at the issue counter). Forms can be also emailed to you upon request.



■ Arts and Crafts • 263-4412

CLASSES

- **Wood Shop Orientation for DA 3031.**

Saturdays: 10 am, no fee.

- **Frame Shop Orientation**

2nd and 4th Thursday, 6 pm, \$10 a class; supplies are not included.

Advance and refresher classes are conducted upon request, \$10 a class, supplies are not included.

- **Washi Paper Craft Workshop**

Fee is \$10; supplies are available

at the sales store (by appointment only).

- **Tole Painting Class "American Folk Art"**

Thursdays, 3 pm, \$20 for a class.

- **Ikebana** (fresh flower arrangement class)

1st, 2nd and 3rd Thursday, 2 pm, \$20 for a class, plus ¥1,000 (flower fee).

- **Shodo** (Japanese calligraphy class), Wednesday, 4 pm, \$10 for a class; includes all supplies.

- **Pottery Classes**

* Wednesday class: 4 - 6 pm, \$20 for

a class, supplies are included.

NOTE: All classes require advance registration. Schedules are subject to change.

WANTED

Zama Arts and Crafts Center is seeking interested instructors in the following areas: Water color painting, tole painting (acrylic paint), washi-paper craft, digital photography, pottery, balloon art, scrap book and sawing.

An advertisement for a Christmas Decoration Class. It features a large, vibrant poinsettia plant in a wicker basket on the left. The text reads: "Christmas Decoration Class With Ms. Tanaka (Ikebana instructor) Thursday, 10 December, 2 - 5 pm Free Class". Below this, it says: "All supplies are included. Sign up by 3 December at the Arts and Crafts Center. Only 24 entries can be accepted." At the bottom, it says: "For more information, please call 263-4412."

CAMP ZAMA

LAUNDROMAT

Located next to the Camp Zama Laundry and Dry Cleaners, Bldg 375

PRICE LIST

WASHING MACHINES

- Large Washer:
\$2 per load
- Small Washer:
\$1.50 per load

HOURS OF OPERATION

- Monday - Friday:
10 am - 9 pm
- Saturday, Sunday & Holidays:
8:30 am - 6 pm

DRYERS

- Large dryer: \$1 first 15 minutes, \$0.25 for an additional 10 minutes.
- Small dryer: \$0.50 first 15 minutes, \$0.25 for an additional 10- minutes.

NOTICE TO PATRONS

Start the last load not later than 8 pm Monday - Friday; 5 pm on Saturday, Sunday and Holidays (to ensure sufficient time to finish before closing).

For more information, please call 263-4671



\$60 a night

TORII BEACH CABIN

Each cabin will sleep one to six people (max 4 adults) and is available for rent seven days per week. Each cabin includes amenities such as a private bathroom (shower, bathroom sink and toilet), indoor and outdoor furniture, refrigerator, microwave, coffee maker, cable television, DVD PS3, and BBQ grill. Visit Torii Beach Office, Bldg T301 to check in/out. Check in time is 3 - 5 pm. Check out time is 11 am. For more information, phone DSN: 644-4659 or call commercial: 011-81-611-744-4659.

If you are interested in teaching a class (piano, violin, hula, ballroom dance or others), please stop by the Community Cultural Center or call 263-8892.



■ Community Cultural Center • 263-3939/5712/8892

CLASSES

• Ballroom Dance

* Beginner's Class (four classes per month, ¥3,000).

Thursday:

5:15 - 6:10 pm

* Basic Class (four classes per month, ¥4,500):

Tuesday: 5:15 - 6:10 pm

The class is designed for students who have completed the beginners class, or students who have been attending the beginners class, or people who have experience and/or good physical ability for dancing.

* Intermediate Class (four classes per month, ¥6,000):

Tuesday: 6:20 - 7:15 pm

The class is designed for students who have completed the basic class, or students who have been attending the basic class, or people

who have more than a few years of experience, skills and abilities for ballroom dancing.

• **Piano Lesson** (four classes a month, ¥7,000).

Monday - Friday.

• **Violin Lesson** (four classes a month, ¥7,000).

Tuesday or Thursday.

• Koto Lesson

Tuesday (four classes a month).

Adult: ¥8,000, Youth: ¥7,000

• **Jazz, Ballet and Lyrical Dance** Monday

* Ballet I (ages 5 - 6): \$60
4 - 5 pm.

* Ballet II (ages 7 - 9): \$60
5:15 - 6:15 pm.

* Ballet III (ages 10 over): \$60
6:30 - 7:30 pm.

* Ballet IV / Advanced (age 12 over): \$60. Tuesday, 5:45 - 6:45 pm.

* Pointe / Advanced (age 12 over): \$15. Tuesday, 6:45 - 7:45 pm.

• **Creative Movement / Pre-Ballet** (ages 3 - 4): \$45

Tuesday, 4 - 4:30 pm or 5 - 5:30 pm.

• Jazz

* Introduction to Jazz (ages 6 - 9): \$60

Wednesday, 4 - 5 pm.

* Jazz Technique (ages 10 over or by audition): \$60

Wednesday, 5:15 - 6:15 pm.

• Lyrical (Advanced)

• Taekwondo Class

Move to the Yano Fitness Center.

COMING SOON

ATA certified taekwondo program, Tuesday and Friday, 5:30 - 8:30 pm.

Community Cultural Center
presents a
Tamagawa University E.T.C. Performance

Beauty and the Beast Jr.

21 - 22 November

Tickets purchased by COB 30 October:
Adult: \$5
Youth: \$2.50

After COB 30 October:
Adult: \$10
Youth: \$5

This is a performance done by Japanese College students in English.

For more information, call 263-3939.

CAMP ZAMA BOSS PROGRAM

Meeting every other Tuesday at 4 pm at the Warrior Zone (located in Building 533). Everyone is welcome to attend!!!

BOSS WARRIOR ZONE HOURS!!!
Monday - Saturday: 6 - 8 pm
Sunday: 2 - 7 pm

For more information, call 263-3399.

We are looking for volunteers

Check BOSS out on our website:
<http://www.mwrjapan.jp.pac.army.mil/crd/boss/>

e-mail us at BOSS@zama.army.mil or see your unit BOSS representative for more information.

BOSS President: SPC Edward Webb
Tel: 263-5197
e-mail: edward.webbjr@zama.army.mil

USED VEHICLE COURTESY INSPECTION

The Zama Auto
Craft Shop offers a
20-point courtesy
inspection for

Soldiers and eligible personnel who are considering the purchase or resale of a used vehicle. The purpose of this inspection is to help assess the condition of the vehicle before buying or selling. We do not make recommendations or give guarantees. Inspections are done by appointments only.



HOURS OF OPERATION:

Monday and Tuesday: CLOSED

Wednesday - Friday: 1 - 9 pm

Saturday and Sunday:
10 am - 6 pm

PLEASE NOTE:

- Wednesday - Saturday clean up starts a half hour before closing.
- Sunday clean up starts one hour before closing.

SAFETY ORIENTATION

DA-3031-1 Qualifications Card to use the auto craft shop is issued after a safety orientation given every day 15 minutes after opening and whenever time is available. This briefing is required before facility use and takes about 45 minutes.

SERVICES

• Engine Flush and Fuel System Cleaning

We offer a service of internal engine cleaning and fuel line cleaning for most vehicles and each service is only \$59.95. Engine flush requires the customer to purchase oil and an oil filter. Appointments must be made for both services.

• Towing Service and Roadside Assistance

We offer a towing service and roadside assistance Wednesday through Sunday during regular Auto Craft Shop hours of operation.

CAR WASH

The Sagamihara Housing Area car

wash is closed indefinitely due to damage. The Zama car wash can be accessed:

Monday - Tuesday:

8 am - 4:30 pm,

Wednesday - Friday:

8 am - 8:30 pm

Saturday - Sunday:

10 am - 6 pm.

HELPFUL HINT

"When purchasing gasoline off post remember to put the correct fuel in your vehicle!!!" At all off post gas stations each type of fuel is designated by the "Color of the Pump Handle!!!" Green is Diesel, Red is Regular and Yellow is High Octane.

USED PARTS FOR SALE

- Chrome "Lorinser 19" Rims, 8.5" wide and 9.5" wide
----- \$1,000 set
- 6 X 9 speaker - - - - \$30 pair
- 6 1/2 speaker - - - - \$15 pair
- 5 1/4 speaker - - - - \$15 pair
- Safety flares - - - - - \$2
- CD player, stateside tuner
----- \$35 ea

We also have used tires; just stop by with your car and see if they are on the rack.



FREE STUFF

- "KIT" liquid type carnauba car wax
- Various vehicle rear brake shoes
- Various spark plugs



- How to do a basic check of your vehicle:
5 and 19 November
- What to look for when buying a used car:
12 November

NOTE: Final day of sign up is one day prior to the class. Participants are responsible for all materials and or supplies for the class. For sign up information, please stop by or call 263-3615.

Camp Zama Auto Craft Shop
CLASSES

R

eservation

policy. The following payment is required upon making reservations:

- Day trips: Full fee.
- Overnight trips: \$100 per person. The remaining balance shall be paid 10 days prior to the tour start date.



Outdoor Recreation and Local Tours

• 263-4671

THIS MONTH'S TOURS AND EVENTS

- **Mashiko Pottery**
Sunday, 1 November, 5 am - 9 pm
- **Mother Farm**
Sunday, 1 November, 7:30 am - 5:30 pm
- **Nikko Edo Mura**
Saturday, 7 November, 6 am - 7:30 pm
- **Segway Tour**
Saturday, 7 November, 7:30 am - 3:30 pm
- **Fuji Excursion**
Sunday, 8 November, 7 am - 6:30 pm
- **National Defense Academy in Japan (Anniversary of the Opening School Festival)**
Sunday, 8 November, 8:30 am - 5:30 pm
- **Hotel New Grand Over Night**
Departure: Tuesday 10 November, 4 pm
Return: Wednesday, 11 November, 5 pm
- **Fujikyu Highland**
Wednesday, 11 November, 7 am - 7 pm
- **Tsukiji Fish Market**
Saturday, 14 November, 4 - 10:30 am
- **Horse Riding for Beginners**

- Saturday, 14 November, 6 am - 5 pm
- **Ueno Zoo**
Sunday, 15 November, 8 am - 6 pm
- **Lake Town**
Sunday, 15 November, 8 am - 7 pm
- **Deep Sea Fishing**
Saturday, 21 November, 4:30 am - 3:30 pm
- **Hakone Sightseeing**
Saturday, 21 November, 7 am - 6 pm
- **Railway Museum**
Sunday, 22 November, 8 am - 6 pm
- **Mt. Takao Free Time**
Sunday, 22 November, 9 am - 4:30 pm
- **Hiroshima Overnight**
Depart: Thursday, 26 November, 2 am
Return: Saturday, 28 November, 9:30 pm
- **Tokyo Disneyland**
Thursday, 26 November, 7 am - 11 pm
- **Kawazu Nanadaru Hike**
Saturday, 28 November, 6 am - 6 pm
- **Yokosuka Shopping**
Sunday, 29 November, 8:30 am - 4:30 pm
- **Ballet "The Nutcracker"**
Saturday, 19 December, 9 am - 5:30 pm

Community Libraries • 263-3517

<http://www.usarj.army.mil/information/zama/mwr/library/index.htm>

ON-LINE CATALOG

Search our collection from home or work at: <http://yoko.sirsidynix.net.au/uhtbin/webzama>.

NEW MCNAUGHTON BOOKS

- **Apostle** by Thor, Brad
- **Best Friends Forever** by Weiner, Jennifer (Best Seller).
- **Bobby and Jackie** by Heymann, C. David (Best Seller).
- **Castaways** by Hilderbrand, Elin (Best Seller).
- **Devil's Punchbowl** by Iles, Greg (Best Seller).

- **Evolution of God** by Wright, Robert (Best Seller).
- **Fixer Upper** by Andrews, Mary Kay.
- **Girl Who Played with Fire** by Larsson, Stieg (Best Seller).
- **Girls from Ames** by Zaslow, Jeffrey (Best Seller).
- **Magnificent Desolation** by Aldrin, Buzz
- **Memory Collector** by Gardiner, Meg (Best Seller).

NEW BLU-RAY DVDS

- **How the West Was Won**
- **The Reader**

- **Terminator 3: Rise of the Machines**
- **The Wrestler**

NEW VIDEO GAMES

- **Batman: Arkham Asylum** XBOX3
- **Rockband: Country Track Pack** Wii
- **UFC 2009: Undisputed ..** XBOX3

CHECK OUT OUR WEBSITE:

<http://www.usarj.army.mil/information/zama/mwr/library/index.htm>

■ Chapel Activities • 263-4898

CATHOLIC SERVICES

Mondays - Fridays, noon, daily Mass, Blessed Sacrament, Chapel
Sundays, 9:15 am, Mass, Zama Chapel.

Sundays (from 20 September), 10:45 am, CCD, Religious Education Center.

4th Monday, 7 pm, MCCW Meeting, Zama Chapel.

2nd and 4th Tuesdays, 5 pm, MCCW Book Club, SHA Chapel.

PROTESTANT SERVICES

Sundays, 11 am, Worship Service, Zama Chapel.

Sundays, 6:30 - 7:30 pm, Youth Group (7 - 12 grades).

(A nursery is provided for children up to 36 months at Zama CDC, Bldg 502, during the time of Sunday services only).

SAGAMIHARA INSPIRATIONAL SERVICES

Sundays, 9:30 am, Sunday School, Sagami-hara Chapel.

Sundays, 11 am, Worship Service, Sagami-hara Chapel.

(Nursery services are provided for children up to kindergarten at the Sagami-hara Chapel during the time of Sunday services).

Wednesdays, 6:30 pm, Bible Study, Sagami-hara Chapel.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS (LDS)

Tuesdays, 7 pm, Tuesday Night Youth

Activity, 7 pm, Sagami-hara Chapel. Call Richard Smith, 046-234-9490, or Brian Howard at 263-7419.

JEWISH SERVICES

For information about Jewish services, events, and activities, please contact Duncan Adams, the DSN 263-2754 or write to duncan.adams@us.army.mil.

BUDDHIST SERVICES

(Soka Gakkai International - U.S.)

Mondays and Fridays, 7 pm, discussion, Sagami-hara Chapel. Contact Mr. or Mrs. Fulford at 046-257-0613 or at forris@forrisfulford.com.

ONGOING BIBLE STUDIES

Thursdays, 9:30 am, PWOC (Prot-

estant Women of the Chapel) Bible Study, Molly Lang at 263-7161.


Thursdays, 6 - 8 pm, PWOC Bible Study, Zama Chapel, Molly Lang at 263-7161.

For more information, please call the chapel at 263-4898.

CHAPEL ACTIVITIES IN NOVEMBER

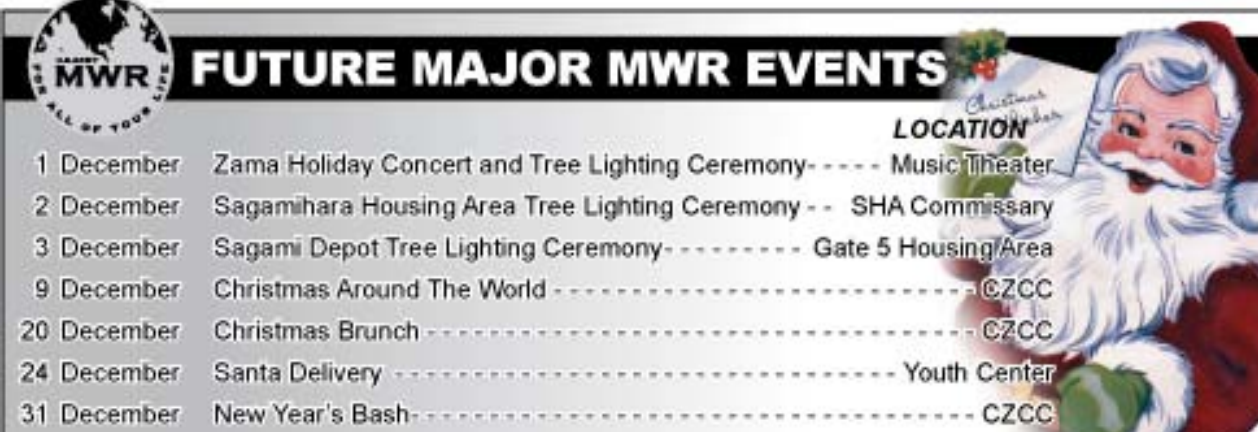
Wednesday, 25 November, 3 pm, Community-wide Thanksgiving Service, Zama Chapel.

The Zama Chapel Community has many other programs for you and your Family (bible studies, youth groups, men's groups, women's groups and music programs). If you desire more information, please call the chapel at 263-4898.



Spiritual Orientation Tour to Kamakura
Friday, 20 November
7:30 am - 4 pm

Open to everyone. No cost. We'll visit Daibutsu, Hase Temple, and Tsurugaoka Hachimangu Shrine. To explore the culture and history of Japan in light of Shintoism, Buddhism and Christianity. For details, please contact Zama Chapel at 263-4898.



FUTURE MAJOR MWR EVENTS

	LOCATION
1 December	Zama Holiday Concert and Tree Lighting Ceremony - Music Theater
2 December	Sagami-hara Housing Area Tree Lighting Ceremony - SHA Commissary
3 December	Sagami Depot Tree Lighting Ceremony - Gate 5 Housing Area
9 December	Christmas Around The World - CZCC
20 December	Christmas Brunch - CZCC
24 December	Santa Delivery - Youth Center
31 December	New Year's Bash - CZCC

■ Directory of DMWR Facilities & Additional Activities

DIRECTORATE OF MORALE, WELFARE AND RECREATION 263-7611/3690

Army Community Services Branch

■ **Army Community Services** 263-4357
Mon, Tue, Thu, Fri 0730-1630
Wed 0730-1500

ZAMA Golf Club

■ **DIRECTOR OF GOLF** 263-3694
ADMINISTRATIVE OFFICE 263-4966

(All the following golf activities are open during lunch).

Course/Starter 263-4975
Mon-Fri 0700-1700
Weekends & US / Japanese Holidays 0600-1700

Restaurant 263-7665
Mon, Tue, Thu, Fri 0630-1900
Wed 0630-1900
Weekends & US / Japanese Holidays 0530-1900

Pro Shop 263-5284
Mon-Fri 0645-1700
Weekends & US / Japanese Holidays 0545-1700

Driving Range (Unattended)
Mon - Fri Sunrise-2200
Saturday Sunrise-1930
Sun 1600-2200

Chip Inn & Snack Stand 263-5834
Mon-Fri 0800-1600
Weekends & Hol. 0700-1500

Business Division

■ **ADMINISTRATIVE OFFICE** 263-7935

■ **BOWLING CENTER ZAMA** 263-4780
Mon-Wed, Sat-Sun 1100-2200
Thu & Fri 1100-2230
Holidays Closed

■ **BOWLING CENTER DEPOT** 268-4954/4606
Tue - Sat 1100-2000
Sun - Mon Closed

■ **ZAMA COMMUNITY CLUB**
■ **ADMINISTRATIVE OFFICE** 263-4133

Lunch
Tue-Fri 1045-1315
Sunday Brunch 1000-1330

Cashier 263-4547
Sun-Thu 1000-2300
Fri 1000-0230
Sat 1000-0200

Catering 263-4204
Tue, Thu & Fri 0930-1730
Wed (Appts Only)

Café Roberto
Sun, Tue & Wed 1100-2300
Thu 1100-2200
Fri & Sat 1100-2300
No food service after 2200 hours

Cornerstone Game Room (no bar)
Tue-Thu & Sun 1000-2300
Fri 1000-0300
Sat 1000-0230

Firelite Lounge
Sun-Tue & Wed Closed
Thu Closed
Fri 1800-0300
Sat 1900-0230

USA Dining Room
Tue, Thu & Sun 1700-2100
Wed Closed
Fri-Sat 1700-2200

■ **HOB NOB INN** 267-6097
Lounge & Game Room
Sun, Mon, Tue Closed
Wed 1630 - 2300
Thu 1630 - 2100
Fri 1630 - 0100
Sat 1900 - 0100

■ **SAGAMI LOUNGE** 268-4954
Take Out 268-4142
Lunch (Mon-Fri) 1100-1300
Dinner (Tue-Sat) 1700-2000
Lounge/Game Room
Tue-Thu 1100-2200
Fri 1100-2400
Sat 1630-2300
Open during lunch

Recreation Division

■ **CHIEF RECREATION OFFICE** 263-3479
■ **ADMINISTRATIVE OFFICE** 263-5614
■ **ARTS & CRAFTS CENTER** 263-4412

Mon-Tue Closed
Wed-Thu 1300-2100
Fri 1000-1800
Sat & Sun 1000-1800

■ **AUTO CRAFTS SHOP** 263-3615
Mon-Tue Closed
Wed-Fri 1300-2100
Sat-Sun 1000-1800

■ **COMMUNITY CULTURAL CTR** 263-3939
Mon-Fri 0800-2100
Sat, Sun & Hol Closed
Open during lunch

■ **INTERNATIONAL TOURS** 263-5273
Mon-Fri 1000-1800
Open during lunch

■ **LIBRARY**
Zama 263-3517
Mon-Thu 1000-2030
Fri- Sun 1000-1800
Open during lunch
U.S. Holidays Closed

Sagamihara 267-6603
Tue-Thu 1000-1900
Fri-Sat 0900-1800
Sun, Mon & Hol Closed
Closed for lunch 1400-1500

■ **OUTDOOR RECREATION** 263-4671
US Holidays Closed
Vehicle/Equipment Rental & Local Tours
Mon-Fri 0900-1730
Sat-Sun 0800-1600
Open during lunch

Animal Boarding Kennels 263-5915
Mon-Fri 1000-1700
Sat-Sun 1000-1600
Closed for lunch 1230-1330

Hardy Barracks Lodging 229-3270
Kure Lodging 256-2580

■ **POOLS** 263-3348
YANO 263-5037
Mon-Fri 0600-1900
Sat-Sun, Holidays 1000-1800
SHA (Summer) 263-5656/267-6122
Wed - Sat 1030-1800
Sun 1200-1800
Mon, Tue Closed

DEPOT (Closed)
■ **SPORTS/FITNESS CENTER** 263-4664
Zama 263-3954

Mon-Fri 0530-2100
Sat-Sun, Holidays 1000-1800
Sagamihara 263-3954/267-6762
Mon-Sun Open 24 hrs
Depot 268-4729
Mon-Sun, Holidays 0930-1830

Support Services Division

■ **DIRECTOR** 263-4273
■ **ADMINISTRATIVE OFFICE**

Child, Youth & School Service Division

■ **CHILD, Y&SS COORDINATOR** 263-8086
(All the following CDC facilities are open during lunch.)
CYS Central Enrollment Registry Office
263-4125
263-4743

Mon-Fri 0800-1700
Family Child Care 263-4743
263-4125
267-6564

Sagamihara CDC
Mon-Fri 0530-1800
Zama CDC 263-4992
Mon-Fri 0530-1800

■ **YOUTH SERVICES** 263-4500
Zama Youth Center

Mon-Thu 1430-2000
Fri 1430-2200
Sat 1200-2200
Sun 1200-1700

School Age Services (SHA) 267-6317
Mon-Fri 0630-1800

Youth Sports 263-5437
Mon-Sat 0900-1800
Open during lunch

School Liaison Office 263-3241

Zama Lodging

■ **ADMINISTRATIVE OFFICE** 263-3293
Reservation Desk

263-2775
Front Desk 263-3830
Open 24 hours/7 days a week

USAG-J Okinawa MWR

■ **MWR OFFICE** 644-5396
■ **ADMINISTRATIVE OFFICE** 644-4270

■ **ARMY COMMUNITY SERVICE**
Director 644-4110
Relocation Coordinator 644-4385
Mob-Dep/IVC 644-4116
Financial Readiness/AER 644-4378
Family Advocacy Program 644-5919
Victim Advocate/SARC 644-4908
AFTB/AFAP Program 644-4743
EFMP Program 644-4106
ACS FAX 644-5918
School Liaison Office 644-4703

■ **ARTS & CRAFT CENTER** 644-4303

Lobby 644-4706

■ **AUTO CENTER** 644-5612

■ **CORAL COVE COMMUNITY CLUB**

Business Manager 644-4256
Lounge 644-4306
Cashier Cage 644-4426

■ **LIBRARY** 644-4468
Staff Room 644-5335

■ **MARKETING**
Commercial Sponsorship 644-4495
Graphic/Illustration 644-4665

■ **SPORTS / FITNESS** 644-4334
Sports / Fitness 644-4389

■ **OUTDOOR RECREATION**

Scuba Locker 644-4795
Retail Sales 644-4290
Equipment Issue 644-4263

Beach Rental Office 644-4659
Cabin Reservation 644-4659

011-81-611-744-4659

Kure Harbor Club

■ **MWR Office** 256-2580
256-2581

0800-1630
■ **Outdoor Recreation** 256-2575

0900/1700
■ **Dining Room**

Mon-Fri (Breakfast) 0700-0830
Mon-Fri (Lunch) 1130-1300
Tue-Sat (Dinner) 1630-2000

■ **Bar** Mon 1630-2000
Tue-Sat 1630-2200

■ **PX / CLASS 6**
Mon-Fri 0900-1730
Sat 1130-1530

Z A M A I T T

Winter Escapade

CHRISTMAS ESCAPADE TOURS

- Best of Sydney
- Christmas in Singapore
- Beach & City of Thailand
- Classic Laos
- Northern Thailand Adventure
- Discover Cambodia
- Best of Cairns
- Golden Triangle of India

Dec 18 - 28

Dec 22 - 26

Dec 19 - 28

Dec 19 - 27

Dec 19 - 28

Dec 19 - 28

Dec 18 - 27

Dec 19 - 27



Sydney



Laos



61st Sapporo Snow Festival

- Pre-Snow Festival Tour
Feb 4-6, 2010
- Opening Snow Festival Tour
Feb 5-7, 2010



Snow Statue
(Japanese Castle)

CALL ZAMA ITT OR CHECK OUR WEBSITE FOR MORE INFORMATION.



- Military PHONE 263-5273/4059
- Military FAX 263-7507
- E-Mail travel@zamaitt.com

- Commercial PHONE (046) 254-8896
- Commercial FAX (046) 255-0356
- Website: <http://zamaitt.com>



Thanksgiving Buffet

Thursday, 26 November, CZCC Ballroom, 10:30 am-2:30 pm

Entrée

- Traditional Roasted Whole Tom Turkey w/ Giblet Gravy/ Cranberry Sauce (Pre-sliced)
- Herb Bread Stuffing
- Corn Bread Stuffing
- Seafood Newburg
- Ham and Asparagus Roll w/ Cheese Sauce
- Breakfast Burritos
- Garlic Mashed Potatoes
- Roasted Garlic Rosemary Potatoes
- Macaroni and Cheese
- Orange Glazed Candied Yams
- White Rice, Rice Pilaf
- Green Beans w/ Almonds
- Buttered Corn

Carving Station

- Roasted Top Round of Beef w/ Madera Aujus and Horseradish
- Maple Glazed Smoked Ham w/ Pineapple Raisin Sauce

Soup

- New England Clam Chowder

Salad Bar

- Assorted Breads
- Assorted Desserts

Beverages

- Iced and Hot Tea, Coffee, Hot Apple Cider
- Fruit Punch, Champagne

Adults \$19.95

Youths 8-12 years old \$12.95

Youths 4-7 years old \$8.95

Youths 3 years and under FREE

\$2 more at the door

For more information, please call
263-4547



CAMP ZAMA COMMUNITY CLUB 263-4547